



Early Childhood Services Bureau  
Child & Adult Care Food Program

Phone: (406) 444-4347  
Fax: (406) 444-2547  
Toll Free: (888) 307-9333



*USDA is an equal opportunity provider and employer*

# Meal Ideas

The meals (breakfast, lunch/dinner, and snacks) are to be look at as individual meals. Each meal meets the CACFP meal pattern food components, but does not take into consideration the additional requirement of providing a source of Vitamin A every other day, a source of Vitamin C each day, and four-six sources of Iron each day. The meals however maybe mixed and matched and modified to create a menu which meets your needs. Menus can be arranged as a set for a period of days, or for a month of business days or for 31 days or for a season such as Summer Menus. Items listed with an \* indicates the recipe is from Child Care Recipes-Food for Health and Fun.

## Resources:

USDA Child Care Recipes Food for Health and Fun, [http://www.nfsmi.org/Information/cc\\_recipe\\_index\\_alpha.htm](http://www.nfsmi.org/Information/cc_recipe_index_alpha.htm)  
Nebraska Dept. of Education, What's Cooking II cookbook, [www.nde.state.ne.us/NS/cacfp/index.htm](http://www.nde.state.ne.us/NS/cacfp/index.htm)  
Healthy Meals Resource System: [healthymeals.nal.usda.gov/childcare.html](http://healthymeals.nal.usda.gov/childcare.html)

## Considerations:

- Menu development is ongoing.
- Improve menus one step at a time by adding or modifying a food, recipe, or entrée by day or month.
- Consider ethnic food; include foods and dishes from your community.
- Consider seasonal food.
- Celebrate and enjoy food.
- Enjoy menu planning.



# Breakfast Meals

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Whole Grain Cereal Strawberries Milk	French Toast Peaches Milk	Oatmeal Plums Milk	Banana Bread Blueberries Milk	Pancakes Orange Sections Milk
Meal 6	Meal 7	Meal 8	Meal 9	Meal 10
Bagel Cream Cheese Strawberries Milk	Raisin Bread Mango/Papaya Milk	Waffle Nectarines Milk	Pumpkin Bread Banana Milk	Cinnamon Toast Applesauce Milk
Meal 11	Meal 12	Meal 13	Meal 14	Meal 15
Pancakes topped w/ applesauce Cherries Milk	Hash-browns Toast Milk	Breakfast Burrito Milk	English Muffin *Baked Sweet Potatoes and Apple Milk	Banana Muffins Raspberries & Kiwi Milk
Meal 16	Meal 17	Meal 18	Meal 19	Meal 20
Creamy Rice Pudding Pears Milk	*Whole Wheat Muffin Squares Baked Cinnamon Apples Milk	Cranberry Rice Pudding Pineapple Milk	Hash-brown Veggie Skillet Toast Milk	Hard boiled eggs Toast & jelly Grapes Milk
Meal 21	Meal 22	Meal 23	Meal 24	Meal 25
Biscuit Hash browns Scrambled egg Milk	English Muffins Carrots Milk	Cheese Quesadillas Apricots Milk	*Peach Muffin Squares Milk	*Oven Baked Whole Wheat Pancakes Mandarin Oranges Milk
Meal 26	Meal 27	Meal 28	Meal 29	Meal 30
Milk Smoothie Toast	Apricots Toast Yogurt Milk	Berries Corn Bread Muffin Milk	Breakfast Pizza Melon Milk	Cheesy Biscuit Cantaloupe Milk
Meal 31	* indicates a recipe is available at <a href="http://www.nfsmi.org">www.nfsmi.org</a> , USDA Child Care Recipes			
Hot Cereal w/*Maple Applesauce Topping Apple Slices Milk				

Early Childhood Services Bureau  
Child & Adult Care Food Program

Phone: (406) 444-4347  
Fax: (406) 444-2547  
Toll Free: (888) 307-9333

*USDA is an equal opportunity  
provider and employer*





# Lunch & Dinner Meals

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Open Face Tuna Sandwich w/ melted cheese Green Beans Beets Milk	Turkey Sandwich Cranberries Corn *Pumpkin Pudding Milk	Homemade Mac & Cheese Hot Dish w/ Buffalo Burger Peas Squash Milk	Chicken Stir-fry Brown Rice Milk	Slow Cooked Roast w/ carrots, potato, & onion Whole Wheat Bun Milk
Meal 6	Meal 7	Meal 8	Meal 9	Meal 10
Pork Roast Mashed Potatoes Brussels sprouts Whole Grain Bread Milk	Chicken and Broccoli Rice Bowl Citrus Salad (mandarin oranges) Milk	Homemade Mini-cheese pizza Tomato slices Asparagus Milk	Buffalo Burgers Veggie Soup Milk	Meatballs & Pasta w/chunky tomato sauce Corn on the Cob Milk
Meal 11	Meal 12	Meal 13	Meal 14	Meal 15
Potato Bar Rolls Milk	Baked Ham Whole Grain Rolls Twice Baked Potatoes Carrots Milk	Veggie Noodle Salad Meat Slices Green Salad Milk	Chicken Salad Sandwich Bean Salad Pear Slices Milk	*Baked Parmesan Chicken Pasta w/ sauce Broccoli Milk
Meal 16	Meal 17	Meal 18	Meal 19	Meal 20
Toasted Cheese & Tomato Sandwich Lentil Soup Milk	Chili Carrots Corn Bread Milk	Veggie Lasagna Broccoli & Zucchini Milk	Salad Bar Milk	Beef Fajitas Stir Fry Vegetable Mix Milk
Meal 21	Meal 22	Meal 23	Meal 24	Meal 25
BBQ Turkey Meatballs Black Beans Squash Roll Milk	Toasted Salmon Patty Sandwich Green Beans Green Salad Milk	Cheese Omelets Cauliflower & Broccoli Toast & Jam Milk	Homemade Chicken Pot Pie Whipped Potatoes (white and sweet mixed) Bread & Butter Milk	Vegetable Chili *Mexican Corn Roll Milk
Meal 26	Meal 27	Meal 28	Meal 29	Meal 30
*Mexican Chicken with Rice Black Eyed Peas Corn Milk	Beef Barley Soup Baked Sweet Potato Fries Rolls Milk	Tuna Rice Casserole w/ peas Baby Carrot Sticks Milk	Hamburgers Baked Beans Cole Slaw Milk	*Ground Beef & Spanish Rice Corn Chowder Peas Milk
Meal 31				
Ham and Cheese Stromboli Radish & Celery Sticks Lima Beans Milk				

Early Childhood Services Bureau  
Child & Adult Care Food Program

Phone: (406) 444-4347  
Fax: (406) 444-2547  
Toll Free: (888) 307-9333

*USDA is an equal opportunity  
provider and employer*





# Snack Meals

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Parfait Graham Crackers Water	Fruit Cup (Crasin/Banana) Pretzel Water	*Oatmeal Raisin Cookie Milk	Whole Grain Cereal Milk	Fruit Cup (Raisin/Pears) Ginger Bread Water
Meal 6	Meal 7	Meal 8	Meal 9	Meal 10
Custard Cup Raisins Water	Smoothie Mini-rice Cakes Water	Hummus & Pita Bread Cucumber slices Water	Cheddar Cheese Cubes Apple Slices Water	Cinnamon Raisin Oatmeal Banana Milk
Meal 11	Meal 12	Meal 13	Meal 14	Meal 15
Breadsticks *Fruity Dipping Sauce Dried Apricots Water	Mozzarella String Cheese Cherry Tomatoes Water	Cottage Cheese Pineapple Water	Whole Wheat Tortillas Cheese & Tomato Slices Water	Potato Salad Crackers Water
Meal 16	Meal 17	Meal 18	Meal 19	Meal 20
Mellon Balls Graham Crackers Milk	Veggie Tray French Bread Water	Black Bean Quesadillas Water	Deviled Eggs Carrots Water	Animal Crackers Orange Juice
Meal 21	Meal 22	Meal 23	Meal 24	Meal 25
Red Beans and Rice Tortilla Chips Water	Pumpkin Bars Milk	Strawberry Muffins Grape Juice	Tuna Salad and Crackers Water	*Applesauce Cake Milk
Meal 26	Meal 27	Meal 28	Meal 29	Meal 30
Bean Dip Crackers Water	Rice Cakes Blueberries Water	Cheesy Cheddar Ham Loaf Water	Egg Salad Sandwich Water	*Whole Wheat Cookie Apple Juice
Meal 31	* indicates a recipe is available at <a href="http://www.nfsmi.org">www.nfsmi.org</a> , USDA Child Care Recipes			
*Cherry Cobbler Milk				

Early Childhood Services Bureau  
Child & Adult Care Food Program

Phone: (406) 444-4347  
Fax: (406) 444-2547  
Toll Free: (888) 307-9333

*USDA is an equal opportunity  
provider and employer*

